

Show Where You Are

Position Your Car Safely.

Make it a point to let other drivers know where you are and what you intend to do.

- Shine your lights. Headlights aren't just to help you see – they help others see you. Chapter 307 of the Missouri Revised Statutes requires the use of headlights anytime the weather conditions necessitate use of the motor vehicle's windshield wipers to see clearly, during periods of fog, or under other low-visibility conditions.
- Signal in advance. Begin signaling at least five seconds (about the length of two school buses) before you make a move in any direction.
- Stay out of blind spots. Avoid traveling near the back wheel of either side of a passenger vehicle. Don't linger alongside a large truck or bus. If you can't see the truck driver's face in the sideview mirrors, the truck driver has no way of knowing you are there.
- Use hazard lights. If you're stalled or pulled over on the side of the road for any reason, emergency signals will notify passers-by before it's too late.
- Avoid parking or pulling over on highway shoulders whenever possible. Try to exit from the highway if you break down or need to pull over. If you cannot exit, then pull off of the driving lane as far as possible.



To report an emergency or unsafe driving,
call the Missouri State Highway Patrol at
800-525-5555 or
*55 on your cell phone.
Or, contact your local law enforcement agency.

**ARRIVE
ALIVE**

Missouri Coalition
for *Roadway Safety*



For more information contact the:
Missouri Department of Transportation
Highway Safety Division
P.O. Box 270
Jefferson City, MO 65102

573-751-4161
800-800-BELT
www.modot.org

The Defense Factor

Avoiding Collisions and Arriving Safely



Safety First

The Laws

Most adults spend about two months' time behind the wheel each year. As driving becomes habit, it's easy to neglect some of the most basic driving rules.

- Follow the speed limit. Chapter 304 of the Missouri Revised Statutes makes it a crime to travel faster than the posted speed limit. Get caught and you're looking at a fine, points off your license and higher insurance rates. Get caught enough times and you could lose your license.
- Buckle up. Safety belts are the single most effective safety device available for occupants in motor vehicles. The Graduated Driver's License Law requires all drivers holding a permit or an intermediate license – and all passengers – to wear a safety belt at all times when operating a motor vehicle.
 - * Chapter 307 of the Missouri Revised Statutes requires all adults riding in the front seat of a car, truck, SUV or van to wear safety belts.
 - * Children ages four through 15 must always wear their safety belts whether they're in the front or the back seat.
 - * Children under four must be properly secured in an approved child safety seat.
- Don't drink and drive. Chapters 302 and 577 of the Missouri Revised Statutes make it a criminal offense to

operate a motor vehicle at or above .08 percent BAC. But you can also be convicted of DWI with BAC levels of less than .08 if an officer determines your driving was impaired by illegal drugs, alcohol or medication.

Common Distractions

- The driver's seat is not the place to eat, shave, put on makeup, fix your hair or talk on the phone. Pay attention to what's going on in front of you; those calls and snacks can wait until you arrive safely at your destination.
- Temperamental? Emotions can greatly affect the way you drive. Cool down before beginning your trip and focus on the task at hand – arriving safely at your destination.
- Get plenty of rest. Fatigue on the road can be a killer, especially during long drives or at night. It's also a good idea to bring someone along. Passengers can take turns driving and keep the conversation going to help keep you awake. If you feel yourself starting to get drowsy:
 - * Adjust the temperature in your car to keep it cool.



- * Turn the radio up and switch stations frequently, but avoid soft, mellow music.
- * Do not use cruise control; keep your body involved with the driving.
- * Watch your posture. Drive with your head up and your shoulders back, with your back against the seat. Don't slouch.
- * Take a break. At least once every two hours, stop at a gas station, restaurant or rest stop. Get out of the car and walk around, jog or do some jumping jacks. Exercise fights fatigue.



When you're behind the wheel, focus on reaching your destination safely – not on other things that can distract you from the actions of other drivers.

Defensive Driving Tips

The Best Offense is a Good Defense.

Even if you follow all the rules, you could be in a collision because of someone else's mistake. That's why you must drive defensively. As a defensive driver you should:

- Drive with caution.
- Notify police of erratic drivers who put us all at risk.
- Keep your eyes moving. Notice what is happening ahead of you and on the sides of the road; use your mirrors to check behind you every few seconds.
- Never assume anything. If the driver in front of you has his turn signal on, the only thing you know for sure is that he has his turn signal on. It doesn't mean he is going to turn or change lanes any time soon.
- Do not rely on traffic signals or signs to keep others from crossing in front of you. At an intersection, always look to the left and right, even if other traffic has a red light or a stop sign.
- Know who's supposed to stop. Check to see if you are at a two-way or four-way stop sign.
- Watch traffic lines and signs. Pay close attention for unexpected turns and stops.
- Red means stop. Running red lights or stop signs can result in very serious crashes.
- Don't follow too close. Use the "three second rule." Find a stationary object along the road ahead, such as a sign or telephone pole. When the vehicle ahead of you passes it, count to three slowly. If you reach the object before you finish counting, you are too close to the vehicle in front of you.